

What does my Prysm Score mean?



Prysm iO is not a medical device and should not be used as a substitute for professional medical guidance. It is not intended to diagnose, cure, mitigate, treat, or prevent any disease or medical condition.

Prysm iO™ Nutritional Wellness Scale

Prysm Scores are directly impacted by nutrition and supplements. Healthy habits are correlated with your score.

Purple	HIGHEST
Blue	HIGHER
Green	MODERATE TO HIGH
Yellow	MODERATE
Orange	LOWER
Red	LOWEST



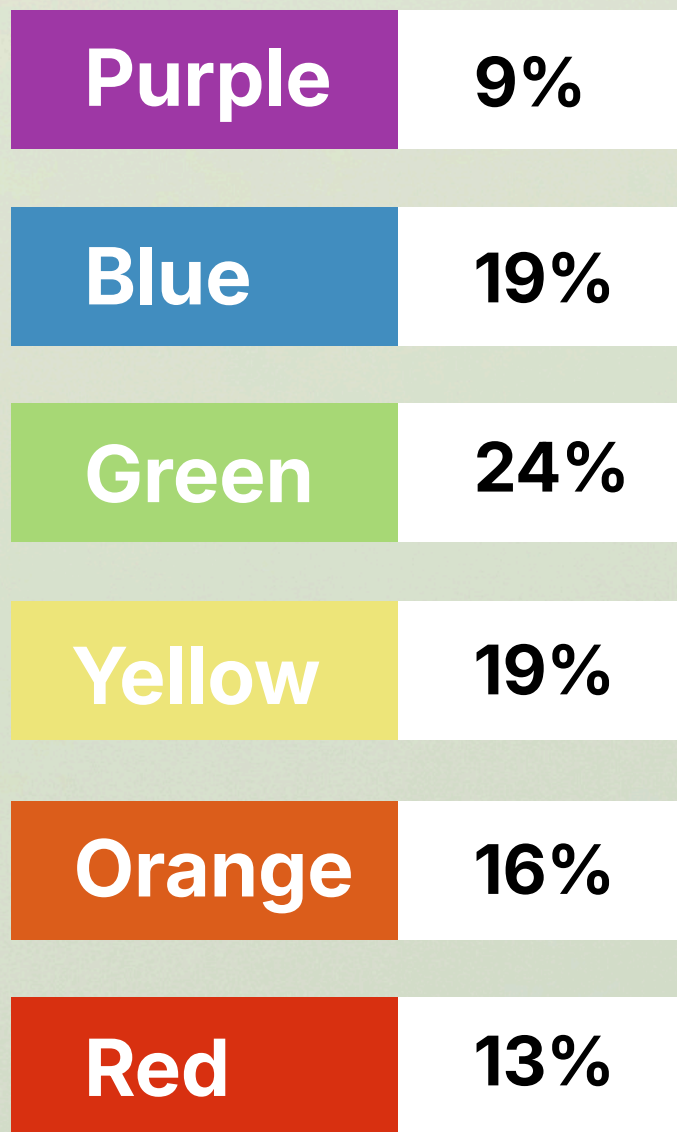
Prysm Score

Purple	750+
Blue	550-749
Green	400-549
Yellow	300-399
Orange	200-299
Red	<199



*These are general guidelines;
individual scores may vary.*

% of all Prsym iO Scans Globally



**Based on Prsym iO guest scans through January 20, 2026*

Nutrition

Prysm Score	Supplements	Fruit & Veggies	Diet
Purple Blue	DEDICATED	4+ SERVINGS	HEALTHIER
Green Yellow	REGULAR	2-3 SERVINGS	HEALTHY
Orange Red	IRREGULAR OR NONE	<2 SERVINGS	UNHEALTHY



Nutrition is an essential way of building your protective bioactive network.

You'll want to pick foods that have high levels of antioxidants.

**Healthier diets with high levels of whole grains are correlated with higher Prysm Scores; unhealthy diets with frequent consumption of fried foods are correlated with lower scores*

Lifestyle habits correlated with Prysm Score

Prysm Score	Sleep	Smoker	Sun Exposure
Purple	GOOD	NO	LOW
Blue			
Green	ADEQUATE	NO	MODERATE
Yellow			
Orange	INADEQUATE	YES	HIGH
Red			

Avoiding sources of oxidative stress is an essential way of building your protective bioactive network.



Healthy lifestyle and fitness are correlated with higher scores, but alone may not be enough. Combining them with better nutrition through carotenoid containing supplements like LifePak and lots of fruits and vegetables is the most effective way to raise your score.

Fitness metrics correlated with Prysm Scores

Prysm Score	Exercise	BMI & Body Fat %
Purple	FREQUENT	NORMAL
Blue		
Green	OCCASIONAL	NORMAL
Yellow		
Orange	IRREGULAR	HIGH
Red		



People with lower body fat percentage tend to have higher Prysm Scores.

People with higher body fat percentages tend to have lower Prysm Scores

Your Prysm color zone may look different. Here's why:

We've updated how Prysm iO labels color zones using new global data and the latest research.

Your actual Prysm Score hasn't changed—and neither has your nutrition. This update simply keeps color zones aligned with the most current science.

What matters most? Your trend over time.
That's what reflects your habits and progress.

